

## Navy Medicine



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**LCDR David Myhre**  
Public Affairs Officer

**HM2 Michael Romero**  
Assistant Public Affairs Officer

# VITAL SIGNS

## NAVAL HEALTH CLINIC ANNAPOLIS

*"Committed to Excellence Since 1845"*

JANUARY 2015 TO MARCH 2015

## Mass Casualty Drill Prepares Staff For Worst

It's nine o'clock on February 6<sup>th</sup> when the staff's phones begin to ring with that familiar live process phone call. Today it will not be an announcement for a snow day nor a request for a command recall. Instead, the words no one ever wants to hear are being repeated in the emotionless automated voice we know so well: "Code White." The tones begin to play from the speaker at the Academy and the clinic immediately goes into lockdown mode. While today is just a drill, the staff treats it like the real thing and responds quickly and appropriately. Doors are locked; lights are turned off; phones are silenced. The halls of the clinic are uncomfortably quiet with not a soul in sight.



MAC Tate pins down HM2 Baker and ensures the scene is safe.

Across Hill Bridge, in Nimitz Library, a different scene is being played out. Two "gunmen" enter the library and feign shooting into a crowd. With the help of some dental staff and impeccable make-up, casualties set the stage for a realistic depiction of an active shooter situation. At Branch Health Clinic Earle another active shooter drill unfolds, with the shooter entering the clinic and "shooting" the front desk staff. He then takes HM2 Jeffrey Baker hostage and barricades himself in an office for an hour and a half.

In Nimitz Library, the gunmen are "killed" by security forces while the shooter at Earle takes his own life. HM2 Baker emerges from the office as a terrified hostage and is tackled to the ground by MAC Richard Tate after trying to run. The active shooter portion of the drill comes to an end, but for the clinic staff the drill has just begun.

The Hospital Incident Command Center (ICC) is activated and the various experts

gather in the SEAT conference room to begin the work of handling a mass casualty situation. Whether it's supply or manpower, every person in the room brings something important to the table. How do we get the people we need where we need them? Do we have all the necessary medical equipment? Who can we expect to show up in need of assistance? What does our security look like? How is the public being informed? The Incident Commander, CAPT Robert Fry, addresses these and other questions, and the group works to ensure that the clinic runs smoothly. As this happens, Mr. Michael Winn communicates with CDR Easley at the NSA Emergency Operations Center (EOC) at Naval Support Activity across the river. The updates come every few seconds with barely a chance to catch one's breath.



CAPT Fry briefs the ICC in SEAT.

Continued on next page

# Mass Casualty Drill

Continued from previous page

Outside of the ICC, changes can be noticed throughout the clinic. Certain doors have been locked and others are being manned by staff chosen for security. Each person entering the clinic has their ID and any bags checked. Signs with the current Force Protection Condition are constantly changing. Down the hall in Medical Home Port, the staff awaits the arrival of casualties from the shooting. HMI Larry Lee and HMI Kevin Bostick are stationed outside to help and direct as needed. HM3 Jordan Varney and HN John Crysler man the check-in desk where they are taking the names and triage category for each patient, along with their exam room. Although no “real” patients show up, the staff practices on stuffed animals. A stuffed tiger gets its blood pressure checked; a bear is given oxygen and bandaged to control bleeding. The site of stuffed animals in the exam rooms is humorous, but the staff takes the drill seriously.



HN Brandon East is treated by a first responder.

The drill concludes around noon with normal patient care beginning again. The ICC goes over things that went right and things that could use improvement. While there are always aspects that could be better, the command performed admirably. Everyone knows the saying, “Practice makes perfect,” but it’s not enough to just do something over and over again. One must complete the act correctly. The saying should be, as a band teacher once told me, “Perfect practice makes perfect.” Throughout the drill, in both the ICC and Medical Home Port, the staff made an effort to take the drill seriously and complete each task correctly, fixing any issues on the spot. No one ever wants to have to use their training for a real mass casualty, but it’s comforting to know that if it does happen, our staff is prepared.



HN Crysler records the names of the patients as they arrive in Medical Home.



Dr. Modi treats a shock patient.

**Captain Robert S. Fry**

Executive Officer

Naval Health Clinic Annapolis

My last article closed with KEEP IT SIMPLE: WORK HARD, PLAY HARDER! It's amazing how fast time flies...when I arrived last year, I watched our two Clinic softball teams competing for the playoffs. Now we are forming new teams for a new season, which serves as metaphor for the year ahead. For this season, the NHCA Executive Steering Committee (ESC) has recruited key leaders into the following positions: Director for Administration, CDR Klemann; Director for Medical Services, CAPT Gallagher; Director for Healthcare Business Operations/Senior Nurse Executive, CAPT Bibeau; and Director for Branch Clinics, LT Silva; and an Acting Performance Improvement Coordinator, Ms. Heath. Recently, under the Skipper's visionary leadership, the ESC created our playbook for the next year, see the below NHCA Annual Plan and review it with your team. We have an exciting season ahead with many opportunities to play to our strengths: Change of Command, Joint Commission Survey/MEDIG Inspection, and moves back into the renovated Philadelphia clinic and into a new Annapolis clinic. During our planning efforts, I think our Chair of ECOMS (Executive Committee of the Medical Staff), CDR Cynthia Bryant, said it best, "We have a championship team, going for a championship ring!" We have new players joining the roster every day, in fact, a new bench of PSIs (Program Student Inputs) are joining the health system team, please take time to welcome and coach them. As we play out the season, take time for yourself to ensure work-life balance. Remember Ship, Shipmate, Self!

All the best,  
XO

## Naval Health Clinic Annapolis Annual Plan

### VISION

To be the premier choice in patient-centered care, promoting excellence in health, wellness and readiness.

### MISSION

To optimize the health and readiness of the Brigade of Midshipmen, Active and Reserve Forces, and all others entrusted to our care.

### GUIDING PRINCIPLES

Honor, Courage, Commitment and Diversity

## G O A L S

## Strategic Enablers

#### Readiness

Maximize Mission  
Readiness

- Maximize Fully Medically Ready to Deploy
- Ensure Regulatory Compliance Readiness

CDR KRAHL | CDR MARQUEZ

#### Value

Optimize Safe Quality  
Patient Care with  
Judicious Expenditure  
of Resources

- Medical Homeport Maturation
- Culture of Safety
- Reduced Purchased Care Cost

CAPT BIBEAU | CAPT GALLAGHER

#### Jointness

Maximize Resource  
Sharing and  
Collaboration

- Utilize Telehealth to Reduce Purchased Care and Enhance Patient Experience
- Collaborate with eMSM and Joint Base Leads

CDR VOGEL-ROGERS | LT SILVA

#### HR

Streamline HR  
Processes to Maximize  
Efficiency

- Streamline the Civilian HR process
- Streamline the Contract Hiring Process
- AMD Match-Up

CDR KLEMMANN

#### IT

Maximize  
Technological  
Productivity  
Capabilities

- Prioritization Matrix
- Augment Future Capabilities for Growth

MR. PAUL DEMSKI

**Committed to Excellence since 1845!**



## TAX ASSISTANCE



Taxes! This word alone offers a feeling of excitement while on the other hand a thought of gloom creeps in. The tax season will end ultimately on the 15<sup>th</sup> of April. As a member of the Armed Forces, we always have resources available to utilize when it comes to tax assistance. For many of us, the question is which option will you choose?

- **Tax Center.** At the Naval Academy, we currently have no tax assistance center. The nearest tax center available for us is located at Fort Meade. If you have special concerns or just feel uncomfortable about doing your taxes, let the subject matter experts do it for you. Below is the contact information:

Mr. Yosefi Seltzer  
 Attorney-Advisor, Assistant Chief  
 Office of Legal Assistance  
 4217 Roberts Avenue  
 Fort Meade, Maryland 20755  
 Phone: 301-677-5038



- **Military OneSource.** As the Naval Health Clinic Annapolis Command Financial Specialist, I currently use this option. Military OneSource has teamed up with H&R Block (self service-software) to help military members prepare and file their taxes for **free**. Of course this requires a knowledge of how to fill out the EZ forms along with other various IRS documents. H&R Block has a toll-free number in case you have questions on what paperwork to fill out. This option is convenient, time effective, and builds your knowledge base on IRS concepts. Military OneSource tax services can be found on-line at <http://www.militaryonesource.mil/pfm/tax-planning-and-preparation> or by calling, 1-800-342-9647

- **Filing an Extension.** A tax filing extension is available for a total of about 6 months beyond the April 15<sup>th</sup> deadline. The key point in extending is that this is not an extension of time to pay your taxes. *You will be required to pay interest on any tax not paid by the regular due date of your tax return (15 April).* You must also make the request by the 15<sup>th</sup> of April to avoid a late penalty fee by the IRS. As you can see, this option can be costly. While this option is not the preferred choice, many of us may be required to use this tactic in order to get more of a return. For more information on the forms to use for extensions, go to your local state government website or [www.irs.gov](http://www.irs.gov).

Lastly, I always like to answer a general question about finance. Here is one question that is frequently asked: What is the American Opportunity Tax Credit? It is a credit that helps parents and students pay for college education by giving them a credit up to \$2,500 per student for tuition and fees, books, supplies and equipment.

If you would like more information or have any questions about personal finance, please contact me at 410-293-2275 or send an email to [larry.d.lee12.mil@mail.mil](mailto:larry.d.lee12.mil@mail.mil).

Article written by HMI(SW) Larry Lee, Command Financial Counselor



Written by :  
LT Doris Lam

**\*\*YOU ARE INVITED\*\***

Teal Ribbon Information tables outside the Hospital Point Pharmacy and Brigade Medical Unit on April 8th 1000-1300 and April 9th 1000-1400, respectively.

**Services available for both types of reporting:**

- Victim Advocacy
- Medical Care
- Sexual Assault Forensic Exam
- Counseling (Chaplain, Mental Health, Fleet and Family Support)

## April is Sexual Assault Awareness and Prevention Month

Sexual Assault Awareness and Prevention Month (SAAPM) is recognized by both military and civilian communities in the month of April. The Department of Defense observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all service members at every level. We all have a part in combating sexual assault and SAAPM offers an excellent opportunity to focus attention on our individual roles.

### 2015 theme for Sexual Assault Awareness and Prevention Month

#### **ELIMINATE SEXUAL ASSAULT: KNOW YOUR PART. DO YOUR PART.**

#### **Eliminate Sexual Assault:**

Every service member, at every level in our military, must know, understand, and adhere to Service values and standards of behavior in order to eliminate sexual assault, and other inappropriate behavior.

#### **Know Your Part:**

Each member of our DoD community has a unique role in preventing and responding to sexual assault. We must recognize our part in stopping this crime, starting with our own awareness and knowing when and where to intervene.

#### **Do Your Part:**

We have to act. If we see a crime or inappropriate behavior unfolding, we need to step in to prevent it. We each need to add our voice to the call to end this crime.

#### Benefits of **Restricted** Reporting:

- Victim receives appropriate medical treatment, advocacy and counseling.
- Victim has time to consider options and to begin the healing process.
- Victim can seek relevant information and support, and make more informed decisions about participating in a criminal investigation.
- Victim controls the release and management of his/her personal information.
- Victim decides whether and when to move forward with initiating an investigation.

#### Limitations of **Restricted** Reporting:

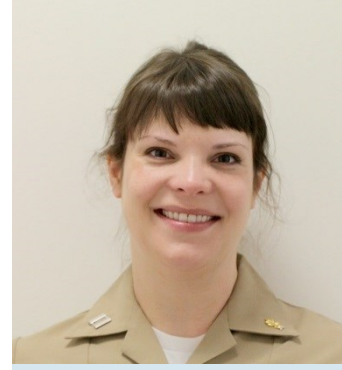
- Perpetrator remains unpunished and at large.
- Victim cannot receive a Military Protective Order (MPO) or an expedited transfer.
- Perpetrator may continue to have contact with the victim.
- Evidence from the crime scene may be lost.
- Victims are limited to a few specified individuals with whom they can discuss the sexual assault.

# Naval Health Clinic Annapolis SAPR Unit

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Michelle Herrera-  
SARC



LT Danielle Muckenthaler -  
SAPR Program Manager



## NHCA SAPR Victim Advocates



HM3 Chantel Collier - Ortho



HM2 Keara King- Dental



HM2 Latoya Jones – Dental



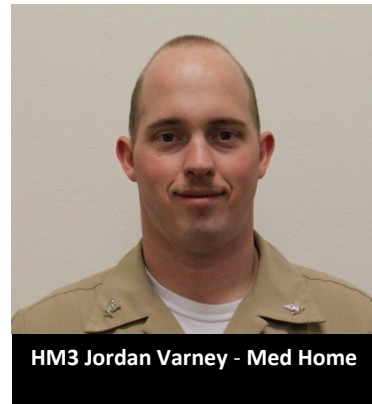
HM2 Leslye Thompson- Bio-Med



HM2 Michael Couch-Readiness



HM3 Marquia Boulware- BMU



HM3 Jordan Varney - Med Home

### Benefits of Unrestricted Reporting:

- Ensures the widest range of rights and protections to the victim.
- Command assistance regarding safety and assignment (e.g., Military Protective Orders-MPOs, expedited transfer, deferred collateral misconduct, etc.).
- Accountability of perpetrator.
- Enhanced community safety.

### Limitations of Unrestricted Reporting:

- Victim cannot change to Restricted reporting
- Victim may consider investigation or legal process too intrusive.
- Assault will be known and discussed amongst those with a need to know.
- Investigation and court proceedings may be lengthy (approximately 6-18 months).
- Offender(s) may not be convicted.

**\*\*With unrestricted reporting, the sexual assault must be reported to the command for all active duty members and to NCIS/military law enforcement for investigation for all active duty members and other beneficiaries.**



## National Children's Dental Health Month

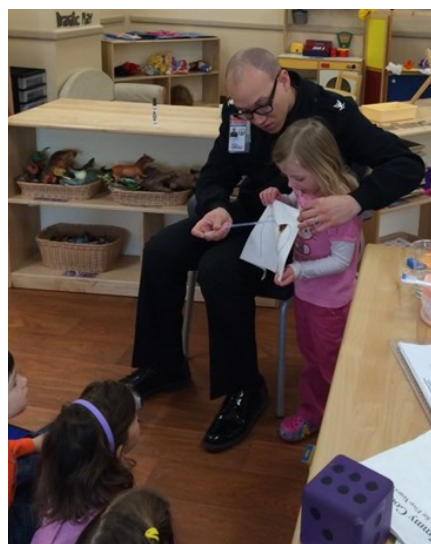
On February 25th, 2015, representatives from Naval Health Clinic Annapolis Dental clinic made a special visit to the Children's Development Center (CDC) at NSA Annapolis to provide the young students with dental hygiene instructions and oral health information as part of National Children's Dental Health Month.

National Children's Dental Health Month began as a one-day event in Cleveland, Ohio, on February 3, 1941. The American Dental Association held the first national observance of Children's Dental Health Day on February 8, 1949. The single day observance became a week-long event in 1955. In 1981, the program was extended to a month-long observance known today as National Children's Dental Health Month. Since 1941, the observance has grown from a two-city event into a nationwide program. National Children's Dental Health Month messages reach thousands of people in communities across the country.



During their visit, LT Mathew Burdick, HM3 Larhonda Fletcher, and HM3 Thomas Wesley had the opportunity to teach approximately 50 pre-school age students. Their interactive presentation covered topics that included proper brushing and flossing techniques, smart snacking, how to defeat "cavity monsters," and passed along fun facts about teeth.

Below photo: HM3 Fletcher and LT Burdick provide lessons on how to defeat the "cavity monsters."



Above photo: HM3 Wesley and his helper use a visual aid to show how a cavity forms and progresses.

## NHC Annapolis Corpsman Selected to Attend Naval Academy Preparatory School

With his sights on becoming a neurosurgeon, Hospital Corpsman Third Class Jordan L. Paramore took a giant leap toward his ambitious and lofty goal. HM3 Paramore was recently selected as a “Midshipman Candidate” and will attend the Naval Academy Preparatory School (NAPS) located on Naval Station Newport in historic Newport, Rhode Island. The mission of the Naval Academy Preparatory School is to enhance midshipman candidates' moral, mental, and physical foundations to prepare them for success at the U.S. Naval Academy. The ten-month course of instruction at NAPS, lasting from August through May, emphasizes preparation in English Composition, Mathematics, Chemistry, Physics, and Information Technology. HM3 Paramore will join this summer's NAPS class with the end goal of acceptance into the Naval Academy's Class of 2020.



Midshipman Candidate: HM3 Jordan Paramore poses in front of Bancroft Hall, USNA

Petty Officer Paramore was born and raised in Fairfax, VA. He attended Robert E. Lee High School and graduated in 2012. After graduating, Petty Officer Paramore signed his contract to enlist in the Navy and attended Virginia Commonwealth University until leaving for recruit training on 04 February 2013.

Petty Officer Paramore attended basic training at Naval Recruit Training Command, Great Lakes, IL until March 2013. He then attended Hospital Corpsman “A” School and Dental Assistant Program at Fort Sam Houston, TX and graduated second in his class in September 2013.

Upon graduation, Petty Officer Paramore was selected to report to Naval Health Clinic Annapolis for his first duty assignment. Since arriving in September 2013, he has been active throughout the command by serving as a member of the Command Color Guard, Assistant Command Fitness Leader, Secretary of the Corpsman Ball Committee, Athletics and Wellness officer of the Coalition of Sailors Against Destructive Decisions, and Sergeant of Arms for Junior Enlisted Association. Within the dental clinic he efficiently performs in many specialties including X-ray, central sterilization room, oral surgery, and as a prophylactic technician. He also continues to stay involved in his community and has dedicated over 80 hours of service in support of non-profit organizations. As a result of his efforts, Petty Officer Paramore has been previously nominated for NHCA Blue Jacket of the Quarter, and has advanced to Third Class Petty Officer.

Petty Officer Paramore has aspirations to become a Navy physician and hopes to reach this goal by attending the United States Naval Academy. He plans to major in chemistry and dedicate all his time and efforts towards academics in order to be selected to attend medical school. The Naval Academy will be a stepping stone for Petty Officer Paramore towards reaching his ultimate goal of becoming a neurosurgeon.



## Nurse Advice Line

### Tricare Nurse Advice Line averages 1,700 calls daily

(By Patricia Kime, Military Times, 05 Feb 2015)

Since the full rollout of Tricare's Nurse Advice Line last August, more than 366,000 calls have poured in at an average rate of about 1,700 a day, mainly from Tricare Prime beneficiaries seeking medical care and advice for minor illnesses, Defense Department data shows.

Of greatest significance to the Pentagon, which is trying to rein in the cost of providing health care to nearly 9.5 million beneficiaries, is the impact the call center is having on emergency room visits — a nearly 66 percent decline in trips among those who called the line.

Defense Health Agency officials said that while 36 percent of callers initially intended to go to an ER for their illness, just 12 percent went within 24 hours of calling. More than 22 percent said they were thinking about going to an urgent care facility at the start of a call but just 12 percent went within 24 hours. And the number of callers who decided to seek care at a military treatment facility rose, by nearly 17 percent, according to DoD data.

The cost of a military or network ER visit for a routine illness is roughly \$400 while the cost of a medical appointment in the military system is less than \$77 — which is why DoD has for years has tried to chip away at the nearly 177,000 emergency room visits made by beneficiaries each week.

In its fiscal 2016 budget request released Feb. 2, DoD proposed new fees designed to reduce overuse of hospital emergency rooms. The plan would introduce new fees for retirees to use military and civilian emergency rooms and active-duty families also would pay a penalty for going to an emergency room for nonemergency care, from \$30 to \$70 depending on the sponsor's rank.

When military families can't get an appointment with their primary care physician for urgent care — either because appointments are full or they need care outside office hours — they often turn to military or civilian emergency rooms for primary care visits. The Nurse Advice Line was established, in part, to ward off unneeded trips. "You go to an emergency room at any one of our MTFs any night and you'll see the overutilization of health care — you see a room absolutely filled with people who tried to get an appointment and couldn't, so they are camped out," retired Army Gen. Peter Chiarelli said in a recent congressional hearing.

The most common calls to the Nurse Advice Line are for colds, flu, abdominal pain, fever, rashes and neonatal concerns, officials said. Tricare reintroduced the service after a 10-year hiatus largely to provide information on self-care for acute illnesses and improve use of military treatment facilities.

Answering nurses can make recommendations about whether beneficiaries should seek care; help find the closest medical facility; and will check on a caller by phone a few hours later if requested. Advice line representatives also can make appointments for Tricare Prime beneficiaries at most military hospitals or clinics.

<http://www.militarytimes.com/story/military/benefits/health-care/2015/02/05/tricare-nurse-advice-line-data/22927203/>

For more information on Nurse Advice Line, you can go to our website at:

<http://www.med.navy.mil/sites/annapolis/PatientServices/TRICARE/Pages/NurseAdviceLineGeneralInfo.aspx>



## Awards

HM1 Enrique Mosquera, NCM  
 \*HM2 Timothy Anthony, NCM  
 \*LT Daniel Bosso, NAM  
 HM1 Kelvin Vasquezluna, NAM  
 \*HM2 Jeffrey Baker, NAM  
 \*HM2 Tyson Brindamour, NAM  
 \*HM2 Andrew Brown, NAM  
 HM2 Paul Kretzschmar, NAM  
 HM2 Nicole Jones, NAM  
 HM2 Richard Pacheco, NAM  
 \*HM2 Kevin Terront, NAM  
 HM3 Joseph Call, NAM  
 \*HM1 Omer Chavez, FLOC  
 \*HM2 Roland Samaroo, FLOC  
 \*HM3 Tyheria Phillipsoden, FLOC

\* next to award indicates that the award still needs to be signed/presented and may not be available to be published in the newsletter

# Promotions and Awards

## Quarterly Awards (1st Quarter)

HM1 Omer Chavez, Senior Sailor of the Quarter  
 HM2 Roland Samaroo, Junior Sailor of the Quarter  
 HM3 Tyheria Phillipsoden, Blue Jacket of the Quarter

## Annual Awards (FY14)

Dr. Melissa Lodhi, Senior Civilian of the Year  
 Ms. Dianne Durity, Junior Civilian of the Year  
 Mrs. Andrea Shafer, Contractor of the Year

## Awards Legend

**NCM:** Navy and Marine Corps Commendation Medal  
**NAM:** Navy and Marine Corps Achievement Medal  
**FLOC:** Flag Letter of Commendation

## NHCA Corpsman Selected for Dental Hygiene School



HM2 Paul Kretzschmar was recently selected to attend a very competitive 2 year program at Pensacola State College where he will learn the skill set to become a Navy Registered Dental Hygienist.

Petty Officer Kretzschmar has been in the Navy 8 years. His past duty stations include the USS Enterprise for 3 years, Naval Hospital Sigonella in Sicily for 3 years, and he has been here at NHC Annapolis for the past 2 years.

HM2 Kretzschmar was born in Wiesbaden, Germany on a US Air Base and has traveled much of the world. Prior to joining the Navy, HM2 Kretzschmar attended and graduated from Charles M. Russell High School, Great Falls, MT (1996); Laramie County Community College (AA, 2001); and The University of Wyoming (BA, Elementary Education 2003). He attended Naval Hospital Corps School and Dental Technician C-school in Great Lakes, IL. For his pre-requisites

for Hygiene School he attended The University of Maryland and Anne Arundel Community College.

"The reason why I want to go to Dental Hygiene School is because I feel that it is the next step in my career. I have been in the Navy for eight years and have worked in all of the dental departments learning everything that I can. Dental hygiene gives me the desire to help and educate those who need to be helped. I feel that it is my place in the dental field and where I need to be. It is also a trade that I can have after I retire from the Navy. Lastly, family influence has played a key role in my love for dental hygiene. My wife has pushed me to become more motivated and a better person and it seemed like a natural fit for me at a young age and I knew that this is what I wanted to do. Observing my father (who is a dentist) at work and witnessing the close relationships he created influenced my decision to go one step further in my career progression. I have always loved working with teeth and being around people. Being here in Annapolis has been good in that I was able to accomplish my short- and long-term goals and working with such a professional staff. Now on to new goals. This is really exciting."

# A MESSAGE FROM THE PATIENT SAFETY MANAGER (PSM)

## Patient Safety: What You Can Do to Be a Safe Patient

**+ HEALTHCARE - ASSOCIATED INFECTIONS**

**WHAT PATIENTS CAN DO**

**BE INFORMED. BE EMPOWERED. BE PREPARED.**

**6 WAYS TO BE A SAFE PATIENT**

- 1 SPEAK UP.**  
Talk to your doctor about all questions or worries you have. Ask them what they are doing to protect you.  
► If you have a catheter, ask each day if it is necessary.  
► Ask your doctor how he/she prevents surgical site infections. Also ask how you can prepare for surgery to reduce your infection risk.
- 2 KEEP HANDS CLEAN.**  
Be sure everyone cleans their hands before touching you.
- 3 GET SMART ABOUT ANTIBIOTICS.**  
Ask if tests will be done to make sure the right antibiotic is prescribed.
- 4 KNOW THE SIGNS AND SYMPTOMS OF INFECTION.**  
Some skin infections, such as MRSA, appear as redness, pain, or drainage at an IV catheter site or surgery site. Often these symptoms come with a fever. Tell your doctor if you have these symptoms.
- 5 WATCH OUT FOR DEADLY DIARRHEA. (AKA *C. difficile*)**  
Tell your doctor if you have 3 or more diarrhea episodes in 24 hours, especially if you have been taking an antibiotic.
- 6 PROTECT YOURSELF.**  
Get vaccinated against flu and other infections to avoid complications.

**245525-E**

We are committed to Patient Safety at Naval Health Clinic Annapolis. Please speak up if you have questions or concerns regarding your medical care. If you still don't understand, ask again. It's your body and you have the right to know and understand your care.

**Andrea Shafer**

RN, BAN, C-EFM, RNC-OB

Phone: (410) 293-1342

Andrea.L.Shafer2.mil@mail.mil



## Command Awarded Third Straight BUMED Annual Retention Excellence Award!

The annual Retention Excellence Award recognizes superior accomplishment in executing programs and policies that best enable our Sailors to succeed in their Navy careers, and directly support concepts of "Brilliant on the Basics." There are many factors in receiving this award and requirements are very stringent, such as:

- Career Information Program Review (CIPR) with a score of 85 points or better. **We scored a 95.**
- Achieve 100 percent Career Waypoints (C-Way) on-time submission for each review a Sailor is eligible to receive.
- Achieve 100 percent Leadership Development Program (LDP) completion for required personnel.
- Aggregate cross-section attrition at or below 5%. **Our Command was at 2.9%.**

This award represents our command's commitment to the growth and development of our Sailors, and provides them with the tools necessary to serve in the Fleet. I would like to say thank you to the CO, XO, CMC, CPO Mess and FCPOA for all their outstanding support! Special recognition goes to the Career Development Team: HMC Ramirez (transferred), HMI Ribot, HMI Mosquera, HMI Palacios, MAI Lindeke, HMI Tinsley, HMI Chavez, HMI Nwuha (transferred), HMI Lee, HMI Wilson, HMI Argueta, HMI Pruss, and HM2 Jones, A. (transferred).

**Submitted by: HMI(FMF) Dwayne Lopez, Command Career Counselor**

**I'm looking forward to the challenge of guiding the command to a fourth straight BUMED Annual Retention Excellence Award in FY15!**

**HMI Dwayne Lopez**



Pictured: HMI Lopez and HMCM Lamb proudly display the Retention Excellence Pennant prior to hoisting it up the Command's flag pole.



Check out our Facebook page for more photos from the command and updates on what's happening at the command.

<https://www.facebook.com/NavalHealthClinicAnnapolis>



If you would like to contribute an article or announcement to this newsletter, please email HM2 Michael Romero at [Michael.C.Romero11.mil@mail.mil](mailto:Michael.C.Romero11.mil@mail.mil) or call him at 410-293-3617 or ext. 1790

## Naval Health Clinic Annapolis

### VISION

To be the premier choice in patient-centered care, promoting excellence in health, wellness and readiness.

### MISSION

To optimize the health and readiness of the Brigade of Midshipmen, Active and Reserve Forces, and all others entrusted to our care.

### GUIDING PRINCIPLES

Honor, Courage, Commitment and Diversity



Take advantage of the new TRICARE online! You can now access appointments, prescription refill, Blue Button, and other health care information for TRICARE beneficiaries who receive care at a military hospital or clinic.

TRICARE Online ([www.tricareonline.com](http://www.tricareonline.com)) allows you to:

- view, schedule, and cancel military hospital or clinic appointments for yourself or your authorized family members regardless of how or who booked them.
- receive email and text message appointment reminders
- refill and check the status of your prescriptions at your military hospital or clinic
- view, print, or download your personal health data via the Blue Button
- access your patient centered medical home site to communicate with your health care team
- access the online health risk assessments

For a quick 4 minute demonstration on how to setup this valuable service, go to the following website:

<http://www.youtube.com/watch?v=zGnKjqdeqpQ>